Increase Your Productivity and Health

5 Things To Get Done Early In The Day

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Introduction

Everything I recommend that you get done early, I prioritize completing early in the day myself.

These five things could be the priorities you need to tackle early in the day, or maybe it's a combination of these recommendations with your other priorities and goals.

The goal is to tackle the most important things you need to get done on a given day early. The longer you delay getting done what's most important, the more likely you jeopardize getting it done at all.

Chapter 1: Hydrate

Hydrate

Upon waking up, skip the coffee and focus on hydrating your body. You wake up depleted (hydration-wise), so why deplete it more with caffeine or a sugary drink? Instead, opt for revitalization with pure, clean H2O.

Notes

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Chapter 2: Meditate

Meditate

Before your day gets started, spend some time in silence with yourself (or your pets). You can meditate while working out, walking, reading, or sitting still -- whatever works best for you. There is no right or wrong way to meditate as long as you focus on staying present, breathing, and being still within yourself.

Notes

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Chapter 3: Workout

Workout

I frequently work out early in the day. Though I get in a late workout here and there, I notice I perform, think, and feel better when I get my workout in early.

Moreover, there is less likely a chance I'll skip my workout when I get it done early in the day.

Eat that frog first thing, as Brian Tracy recommends.

Notes

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Chapter 4: Educate

Educate

Educate yourself daily. Continuously grow, learn, and expand your knowledge.

Educating yourself could come through articles, books, podcasts, webinars, and conferences.

If you're strapped with time, podcasts and audiobooks can be your best friend when it comes to ingesting new information on the go.

Notes

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Chapter 5: Gratitude

Gratitude

No matter where you are, the mistakes you've made, the people you've hurt, the goals you haven't achieved, the reality you're currently residing in, or how imperfect your life might seem, there is always something to be grateful for (no matter how big or small).

Wake up feeling grateful.
Go to sleep feeling grateful.
And feel grateful midday.
Focus on gratitude all day long.

Notes

Jot down any thoughts here...

Notes

Jot down any thoughts here...

Thank You For Reading

Thank you for reading this book.

Stay loved, blessed, lucky, favored, aware, joyous, enlightened, and committed to bettering yourself.